

MEAL PLANNING

DATE: _____

The Resourceful Mama Week #13	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Meatloaf	Mashed Potatoes	Corn on Cob	Fresh Fruit	
MONDAY	Baked Chicken	Tossed Salad	Fresh Fruit		
TUESDAY	Grilled Sausage	Potato Salad	Baked Beans	Fresh Fruit	
WEDNESDAY	BLTs/ PBJ for kids	Carrots & bell peppers	Fresh Fruit		
THURSDAY	Slow Cooker Baked Ziti	Caesar Salad	Garlic Bread		
FRIDAY	Barbecue Meatballs	Pasta Salad			
SATURDAY	Poached Salmon	Steamed Rice	Cucumber Salad	Fresh Fruit	